A MINUTE OF HEALTH WITH CDC

Clean Hands, Healthy Body

Global Handwashing Day — October 15, 2012 Recorded: October 23, 2012; posted: October 25, 2012

This program is presented by the Centers for Disease Control and Prevention.

Eating well, exercising regularly, and getting checkups are all important for staying healthy, but forgetting the simple task of washing your hands with soap and water can result in severe illness and even death, particularly among young children. Worldwide, more than two million children under five die from diarrheal disease and pneumonia every year. Frequent, proper hand washing can prevent a substantial number of these illnesses. Using soap is especially important because it removes germs better than washing your hands with water alone. Parents - set an example and encourage your children to wash their hands frequently with soap and water.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.